

Pedal Power: Bike-to-Work Day 2006  
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Are you scratching your head trying to figure out how to afford the skyrocketing gas prices? Did you know there is a way to save money on gas, have fun, and get in shape while reducing air pollution and traffic congestion? Well, with spring in the air, it's about time to dust off that old bicycle in the garage and take it out for a spin.

As part of Baltimore's Clean Commute Month, the sixth annual Bike-to-Work Day will be held on May 19, 2006. From 7 to 9 a.m., commuters in Harford County are invited to join local radio and television personality Steve Rouse to kick off the event at the Harford County Government Center located at 220 South Main Street in Bel Air. The morning will start off with a bicycle parade down Main Street, followed by a brief reception. Massages, refreshments, and prizes will be available for registered participants. This year they will be giving away a bicycle and an electric scooter as part of the celebration.

Every day, the Baltimore-Washington region sees nearly 4 million people commute to work. Roughly three quarters of these commuters drive alone in their personal vehicles, significantly contributing to the pollution that causes poor air quality. By Environmental Protection Agency estimates, if 2.5 percent of car commutes were made by bicycle instead, vehicle emissions could be reduced by nearly five percent. If you are unable to bike to work, consider other fuel saving options such as carpooling or public transportation, both viable opportunities for you to help reduce pollution while saving money on gas. Additional information on clean commuting options in Harford County will be available at the event.

Aberdeen Proving Ground, the largest Harford County employer, encourages civilian and military employees to participate in the event sponsored by the Harford County Department of Planning and Zoning and supported by the Harford County Commuter Assistance and the Baltimore Regional Transportation Board. Similar Events will take place in Baltimore City, Towson, and Annapolis

If you plan to participate in Bike-to-Work Day, here are some safety tips that will help you enjoy biking to work more:

- Have your bike checked over by your local bike shop
- Always wear a helmet to protect your head in the event of a crash
- Obey all stop signs, traffic lights and lane markings
- Look before you change lanes or signal a turn; indicate your intention, then act
- Ride in the right-most lane that goes in the direction that you are traveling
- Be visible and predictable at all times; wear bright clothing and signal turns